



Farewell Michael

PAGE 2

The Tradie Health Institute to Protect our Tradies

PAGE 3

Meet Our Researchers

PAGE 4



Giving Day 2022 Supporting Vital Projects for Older Patients

PAGE 6

Meet Michael: Proud member of The Common Good

PAGE 7



Caboolture volunteers help visitors and staff

PAGE 8

THE COMMON GOOD NEWSLETTER JANUARY 2023

THE GOOD NEWS



ICU OF THE FUTURE UNVEILED

WITH THANKS TO YOU!

The revolutionary *ICU of the Future* has reached a historic milestone five years in the making, with two new bed spaces unveiled at The Prince Charles Hospital in Brisbane in December 2022.

This innovative project has the potential to change the design of Intensive Care Units (ICU) all around the world. It was led by the Critical Care Research Group (CCRG) with support from The Common Good and ensured that ICU patients were always at the core of the studies. Past patients who had experienced an ICU were an integral part of the redesign as they shared their stories with the researchers and others involved in the design and construction of the spaces, so they could better understand the stressors which impact patients during an ICU stay. Rebecca Craven was one of several patients consulted during the design process. She has had two lengthy stays in an ICU – one for a mechanical heart and the second following a heart transplant.

While Rebecca sings the praises of the medical teams who kept her alive and cared for her during this difficult time, she described her stays in the ICU as traumatic, especially as she experienced delirium.

"You start seeing things and hearing things and it's quite scary. You think people around you are trying to hurt you. The bed, to me, was sinking in... I thought I was being eaten by the bed. Lots of scary things were happening around me, and it was every day," she said.



Unfortunately, Rebecca's story is not uncommon. It is experiences like hers that inspired a group of senior clinicians from CCRG – including CCRG Founder and Director Professor John Fraser, Project Manager Oystein Tronstad and psychiatrist Associate Professor Dylan Flaws – to improve the ICU environment and design so patients now and into the future can thrive – not just survive.

"Outcomes in intensive care in Australia are fantastic... but we realised more and more as we started to delve into it that people were surviving but that they weren't thriving. They were going home, they were having terrible nightmares, terrible hallucinations, they were not getting back to work, and they were left with incapacity," said Professor John Fraser.

"We've come together to create a healing environment, a cocoon of care if you like, where it's silent, where the lights can go day or night so that your brain goes day or night."

Some of the most significant innovations in the two new ICU bed spaces include: digital windows to encourage rest and recovery, lighting to support circadian rhythms, architecturally designed to feel less clinical and more homely, acoustic panels that are fully cleanable yet able to absorb noise, state-of-the-art beds for improved comfort and connectivity, reduction in the number of alarms plus moving alarms away from the patients to minimise noise pollution, and equipment reconfigured to be less distracting and support clinical efficiencies.

"In the hospital, all you want to do is be at home, but I think this new ICU is exactly what's needed. It's more homey to me," Rebecca said.

Delivering a project of this magnitude relies on many people coming together for the common good. Over the past three years, The Common Good has been blown away by the generosity of supporters answering the call for help and donating to this life-changing project.

FAREWELL MICHAEL

It's time. After nine years as the CEO of The Prince Charles Hospital Foundation and The Common Good, I've made the difficult decision to call it a day.

Holding this position has been the greatest privilege of my life. It has been an honour to have had the opportunity to create change and help improve the quality of life for those suffering from chronic disease, as has supporting brilliant medical researchers to achieve success. Furthermore, one of the most meaningful parts of my role has been having your trust and generosity to deliver achievements that will have a lasting impact.

For 30 years, I have been involved with major charitable organisations – 30% of my career as CEO at this foundation. I never could have imagined that as a student at school, where I was not that smart when it came to science and math, that I would one day be working arm in arm with scientists, doctors, nurses, and allied health staff. Then to meet the patients who have benefitted from our support – it is so inspiring and so gratifying.

It is time now for me to pass the baton on to someone who can continue this legacy – and to be given the opportunity to work with you.

There is so much more to be done – and so much good that can be achieved.

With your generosity, we have launched the revolutionary ICU of the Future, which we'll have to refer to now as the ICU of Today – because it's here, and it's being used, and we know it will provide greater care. In the past year, we have contributed to the new heart transplant technology to allow donor hearts to travel further for longer – meaning that more lives will be saved (already 36 people have been saved during the trial).

We're about to launch the Tradie Health Institute to tackle occupational lung disease including silicosis. The scientists have already had a major breakthrough and are now developing treatments for silicosis, which are showing promise. And we have launched 243 research careers via New Investigator Grants – these are new people whose lives are dedicated to helping all of us live better for longer.

Please continue to be part of The Common Good. It was established to be the most effective health charity, to make the biggest impact with your donations and deliver real benefits for the patients of chronic disease. I know I will be a supporter for life!

So, thank you again. I am so grateful to have had this opportunity. I am so proud to have been the CEO – it has been the role of my life.



Michael Hornby OAM



Dr Simon Apte and Dr Viviana Lutzky



Prof Dan Chambers

TRADIE HEALTH INSTITUTE: PROTECTING THE HEALTH OF OUR NATION'S TRADIES

When you Google "cure for silicosis", result after result will tell you that there isn't one.

But what if you didn't settle for that answer? At The Common Good, we won't. We believe something can be done to create better health outcomes for our tradies and their loved ones.

Our esteemed lung researchers at Queensland Lung Transplant Service (QLTS), based at The Prince Charles Hospital in Brisbane, have dedicated many years to changing the prognosis and improving the quality of life for our tradies who are the backbone of many industries.

Silica dust particles settling in the lungs can result in internal scarring and inflammation, reducing the ability to breathe properly. Therefore, the first step of our research was to identify the silica dust particles and determine how much silica had settled there.

The next question to address was whether these silica particles could be removed. Through the tenacity of our research teams, and their desire to uncover treatment options for this life-threatening disease, a revolutionary procedure for mild

cases of silicosis was uncovered called a Whole Lung Lavage.

"This is a significant step forward in the treatment of what was previously considered an untreatable disease," senior thoracic physician and head of research at QLTS, Prof Dan Chambers, said.

"We know silicosis is a challenge to diagnose, and as a result, the size of this problem is likely much more extensive than we realise. Some of the patients impacted by silicosis and who are part of our research trials are not who you would expect," Prof Chambers added.

One patient diagnosed with early-stage silicosis is a farmer who had never touched a stone bench top in his life, yet he was exposed to enough dust containing silica from driving his tractor and ploughing his fields.

"We are currently working on a screening technique to detect silicosis early and identify those who may be more vulnerable to it, as well as investigating if the damaging impact of silica in the lungs can be reversed," said Dr Simon Apte, a Research Fellow

of The Common Good and Chief Scientist at QLTS.

So far, this research has been funded thanks to the generosity of supporters of The Common Good across the country.

However, many questions about this insidious disease remain unanswered, and The Common Good is calling on industry support with the establishment of the Tradie Health Institute – a world-first initiative dedicated to protecting and improving the health of our tradies.

To make the most significant impact and build a better future for our tradies, we cannot do it alone. Combining our research team's expertise and the support of industry partners, we can pave the way to better outcomes. Together we can revolutionise the future of tradie health and tackle conditions like silicosis and many more that affect the health and future of our tradies.

The Tradie Health Institute will officially launch in mid-2023.

To find out more, contact tradie@thecommongood.org.au.

MEET OUR RESEARCHERS

BACKED BY THE COMMON GOOD



DR KEIBUN LUI

The Common Good Research Fellow

What is the aim of your research project?

My research with the Critical Care Research Group (CCRG) aims to find a better way to treat Acute Respiratory Distress Syndrome (ARDS) a critical lung condition that sees fluid buildup in the tiny, elastic air sacs in your lungs.

ARDS is a leading cause of death worldwide, with extremely high mortality (around 46%) and morbidity, yet no definitive treatment exists. In severe cases of ARDS, Extracorporeal Membrane Oxygenation (ECMO), a life support device that takes over

lung function to give patients a rest, can be used as a last resort.

My goal is to find a definitive treatment or solution for ARDS, and not only save patients' lives but improve their quality of life after surviving ARDS. I always want my patients to get home, back to their families and their "normal lives" as quickly as possible.

What stage of your research project journey are you at?

We are at the very beginning of this research and embarking on a long journey, but while I know there will be many obstacles along the way, I am optimistic that we can find a treatment for ARDS and improve patient outcomes. With the initial support from The Common Good, we have been able to show that our novel treatment of using hydrogen gas to treat ARDS is safe in a laboratory setting. Now, we turn our attention to demonstrating its effectiveness in preclinical models. This will be the focus of my three-year Fellowship at the Critical Care Research Group.

How do you feel about the support from The Common Good and their community?

I sincerely believe the support from The Common Good and their community of supporters is essential to medical research discoveries. Researchers face many obstacles, with lack of funding being one of the major things we must overcome. The support literally saved my research project and opened pathways to try and find better treatments for ARDS.



DR SILVER HEINSAR

PhD Student supported by The Common Good PhD Scholarship

What is the aim of your research project?

The aim of my research project is to improve the quality of care and outcomes for patients with severe heart disease who require mechanical support when medications fail. The current standard of care in this area is associated with several complications, and the mortality rate for these patients has remained stagnant at 50%. This research is important because it has the potential to improve organ perfusion, heart function, and blood parameters, which could reduce bleeding rates.

What stage of your research project journey are you at?

We have completed 14 out of 16 experiments, and we aim to finalise this research within the first half of 2023. We are seeing early signs that our intervention is improving organ perfusion, heart function, and blood parameters.

How do you feel about the support from The Common Good and their community?

I am grateful to The Common Good for supporting this research for the past four years. They have provided funding for my PhD scholarship, as well as partial funding for the study itself. Without their support, this research would not be possible. I am passionate about improving the lives of patients who require mechanical heart support, and I am hopeful that our research will help us achieve this goal.



AMY PHAM

The Common Good Research Fellow

What is the aim of your research project?

Lung Transplantation is an invaluable medical procedure that is often the only hope for individuals with end-stage lung disease. While lung transplantation breathes new life into more than 160 patients a year, median survival remains low at around 5 years. The goal of our research is improved patient survival and quality of life, a reduction in the need for lung re-transplantation and associated complications. My research project spans three themes – diagnostics,

therapeutics, and health services. All three aims of my project have the goal of understanding the prevalence and importance of, and treatment options for, cloaking antibody exacerbated infection in lung transplantation.

What stage of your research project journey are you at?

I am at the beginning of my research project looking at new pathways to treat intractable lung infections. As a team (QLTS), we have already had great success in the characterisation of cloaking antibodies in lung transplant recipients, identifying a prevalence of ~40% and demonstrating a close relationship between cloaking antibodies and the development of chronic lung allograft dysfunction.

How do you feel about the support from The Common Good and their community?

I was fortunate enough to receive The Common Good Fellowship. This has allowed me to firmly establish my research career at The Prince Charles Hospital with the Queensland Lung Transplant Service (QLTS) lab. I am incredibly grateful to receive support from The Common Good and their community.



DR CHRIS CHAN

The Common Good Research Fellow

What is your research focused on?

In my current research, I have been focussing on how to reduce bleeding complications in patients with a continuous flow left ventricular assist device (CF-LVAD, mechanical rotary blood pump) through reduced blood trauma. CF-LVADs have become standard therapy for the management of end-stage heart failure patients – but CF-LVADs still exhibit an unacceptably high incidence of bleeding complications. Annualised rates of bleeding are 20% to 40% and over 40% of hospital readmissions of CF-LVAD patients are due to bleeding. Bleeding also

complicates subsequent heart transplantation because multiple blood transfusions in these CF-LVAD recipients can lead to the development of circulating antibodies, reducing the probability of a donor organ match.

My research is investigating the effect of mechanical shear stress, pulsatility and physical exercise on blood trauma in patients with a CF-LVAD. This research work will give us new knowledge to develop the next-generation CF-LVAD – more blood-compatible and biocompatible CF-LVAD where we can reduce bleeding, morbidity, and cost of CF-LVAD therapy.

How do you feel about the support from The Common Good and their community?

Since I started at CCRG in 2017, I have been involved with The Common Good. I am so grateful that The Common Good has been supporting a researcher like me over the last few years. Without the Foundation's financial support, my research cannot continue. In return, I always look for opportunities to volunteer and support The Common Good.

GENEROUS SUPPORT ON *Giving Day* 2022 TO HELP OLDER COMMUNITY MEMBERS



We did it! We surpassed our \$250,000 goal for The Common Good's 2022 Giving Day, and we couldn't have done it without you!

We raised **a total of \$252,772** for our Giving Day Campaign, thanks to our generous community of supporters, incredible corporate partners, volunteers, and the hospital staff who raised awareness of projects close to their hearts.

This was the second annual Giving Day at The Prince Charles Hospital and the first Giving Day at Caboolture Hospital, with funds raised in 2022 to be used to support a range of vital, patient-centred projects at both hospitals.

A walk down memory lane (The Prince Charles Hospital and Caboolture Hospital): A corridor containing photos, memorabilia, and other sensory cues to act as a destination for patients to visit

with their carers and families. These corridors are proposed for both The Prince Charles Hospital and Caboolture Hospital and would increase mobility and cognitive stimulation for patients.

Charlie's village (The Prince Charles Hospital): There are hopes to create a village-like community area within the Cognitive Assessment Management (CAM) unit - the extended care ward that houses patients with dementia and other cognitive impairments. It will include various 'zones' with familiar facades, such as a hairdresser, bakery, and post office. It's hoped these recognisable settings will help to stimulate patient memories and keep them engaged physically.

Friendship that transcends generations (The Prince Charles Hospital): Each week a group of older community members attend an ageless play session at The Prince Charles Hospital Early Education Centre with the kindy kids. The program, called Grandfriends, is having huge benefits for its participants - both young and old.

We are so grateful to everyone who made the fundraising efforts a huge success! We couldn't have reached this impressive milestone without the help of our generous supporters, volunteers, and hospital staff.

Thank you so much!



OUR RECENT IMPACTS

With your support, we've clocked up some big numbers (which make even bigger impacts) in recent times! **2022 by the numbers:**

- ♥ There were **20 research grants** completed
- ♥ **25 research grants** awarded including:
 - 3 equipment grants
 - 12 innovation grants
 - 2 research fellowships
 - 1 PhD Scholarship
 - 7 Caboolture research grants
- ♥ Expansion of our social enterprise into our fourth location
- ♥ 8,874 hours of event volunteering
- ♥ 7,800 hours of hospital volunteering (in a year when most of our wonderful volunteers were offsite due to COVID restrictions)

MEET MICHAEL

PROUD MEMBER OF THE COMMON GOOD

Michael's connection with The Prince Charles Hospital is a personal one that began many decades ago.

His mother worked at the hospital for 23 years, so after he retired, Michael wanted to give back to the hospital where his mother had many fond memories.

At first, Michael volunteered as a beloved Charlie's Angel. After five years of generously donating his time to that invaluable service, he heard about The Common Good and began contributing to support and facilitate the work of incredible researchers. Now, more than ten years on, his commitment to helping the hospital and supporting life-changing medical research is just as strong.

"I think it's vital. If we don't have research, people can't cure diseases or medical afflictions. It's a continuing process for doctors and researchers to keep learning, and it can't occur without money and funding."

Through the power of the collective, there can be a significant difference made for many. Michael agrees every little bit counts.

"I just thought a little bit of money might help towards the whole pool of money. I feel connected; I feel like I'm not thinking about myself; I'm just making my little contribution to help."

Michael has always valued the importance of good health, but sadly, he knows many people impacted by chronic and debilitating health issues - including dementia, delirium, and falls.

"I've just seen from personal experience how it affects them and when you're out there and see it, it brings it home to you that all these diseases and conditions need research to make breakthroughs and improve lives."

One ground-breaking project recently realised, thanks in part to the support of our donors, was the ICU of the Future. "I was quite amazed when I saw it... it's so incredible," Michael said.



The Common Good would like to thank Michael for his thoughtful contributions and ongoing support. His generosity, and that of our other donors, give hours to our researchers who rely on that time to make medical breakthroughs that go on to save lives.

DECLUTTER AND DONATE YOUR **GOLD FOR GOOD**

Is your jewellery drawer overflowing with broken bits and pieces or unwanted items?

It's time to have a clean-out for a good cause, as The Common Good is partnering up with AJL Fundraising Group as part of its Gold4good initiative to reduce waste, create space and raise funds for medical research.

The Common Good Gold4good Appeal runs from February 1 to March 30, 2023.

You can send in jewellery in any condition, and every single earring and broken clasp makes a difference and helps to support life-changing research via The Common Good.

HOW YOU CAN HELP:

STEP 1 Sift through your jewellery and gather any items you'd be comfortable donating.

STEP 2 Fill in your details as per the instructions on the Gold4good white donation envelope and sign it. Once you've placed the items you'd like to donate inside the envelope, you can fasten the seal.

STEP 3 Place your Gold4good white donation envelope into the larger yellow reply-paid envelope, seal it and pop it into any red Australia Post mailbox by March 30, 2023.

The full terms and conditions are displayed online at www.thecommongood.org.au



VOLUNTEERS HELP VISITORS AND STAFF

AT CABOOLTURE HOSPITAL

The Common Good doesn't just back life-saving medical research; we also back hospital innovation projects at both The Prince Charles Hospital and Caboolture Hospital, including our volunteering programs that assist patients, their families, other hospital visitors and staff.



We are proudly associated with the Caboolture Hospital and have been for more than two years. Recently we were invited to work alongside the hospital on the volunteer program following the departure of St John's. We are delighted to be part of a program that will meet the needs of an expanding hospital and provide services that better support the growing population of the Moreton Bay Region.

The hospital volunteer service cannot be underestimated.

Not only do the volunteers support patients and families at the most difficult of times, but their assistance to staff is immeasurable and greatly appreciated.

These are exciting times, and we look forward to potential volunteers sharing this journey with us.

Would you like to donate your time to assist The Common Good at the Caboolture Hospital? We are looking for new ways to expand our program to provide even more support. Your help would be greatly appreciated!

Head to www.thecommongood.org.au/volunteering to find out more.

THANK YOU

Thank you for your thoughtful contributions to The Common Good. We are so grateful that you have joined us on this journey to help people live healthier for longer. Our successes wouldn't be possible without you!

